

Battle of the brush

Proponents of Halifax streets vie for the chance to see their picks made over

Toews goes

The public safety minister has resigned ahead of expected cabinet shuffle. Are we safer for his tenure?

When the voices in your head talk sales

Marketing to sleepyheads PAGE9

AN AVALANCHE OF EXPECTATION

OUR SPECIAL FEATURE LOOKS AT WHERE MACKINNON'S BEEN AND WHERE HE'S HEADED AFTER BEING DRAFTED FIRST OVERALL BY COLORADO PAGE 11314





KONNICHIWA, SHIRAYUKI

Members of the Royal Canadian Navy help Shirayuki, one of the three Japanese training vessels visiting Halifax, dock in the Halifax Harbour on Monday. The ships and hundreds of crew members are in town until Thursday. Story, page 4. CLARK JANG/FOR METRO

Less oil, not more: Expert

Crude opinion. Prof says Atlantic region shouldn't build pipeline

The derailment in Quebec of a train carrying crude destined for the Irving Oil refinery in New Brunswick is raising questions about the security of Atlantic Canada's energy supply, with one expert saying it highlights the need to reduce the region's reliance on oil.

Larry Hughes, a professor at Dalhousie University who studies energy issues, said he is concerned the disaster in Lac-Mégantic, Que., will be used to help advance a proposal to ship oil through a pipeline from Alberta to the refinery in Saint John, N.B., on the premise it would be safer.

"There have been a spate of accidents moving oil products by rail and there have been pipeline accidents too," Hughes

Oil for toil

New Brunswick Premier David Alward has promoted the pipeline proposal, saying it would create jobs in a region that sorely needs them.

said Monday.

"Rather that bringing (oil) here for the longer term, how can we get off of it? That's what we need to be asking ourselves."

Hughes said if plans for a pipeline were to forge ahead, it would tie the region's energy supply to a 50-year investment that could mute environmental concerns

Hughes said it would make more sense and be safer to have tanker ships bring oil to the refinery from Quebec, rather than building a 1,400-kilometre extension into Saint John as TransCanada Corp. is considering. THE CANADIAN PRESS



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Taavel case.

Accused in beating death will stand trial

A man accused in the fatal beating of prominent Halifax gay-rights activist Raymond Taavel will stand trial, his lawyer said on Monday as a preliminary inquiry for his



client got underway. Donald

Donald Murray said Andre Noel Denny, who is charged with seconddegree murder, will stand

trial in Nova Scotia Supreme Court.

"We are going to have a trial in Supreme Court, but it's important for us to hear what witnesses are able to say and what their perspective on different events were," Murray said outside provincial court.

Preliminary hearings are intended to determine whether there's enough evidence to warrant a trial, but Murray said the defence has already consented to commit the case to trial. A publication ban has been placed on evidence presented during the preliminary inquiry. Three days have been set aside.

Taavel, 49, was beaten to death when he tried to break up an early-morning fight between two men outside a bar on Gottingen Street on April 17, 2012

Hours before Taavel's death, Denny had been released by the East Coast Forensic Hospital on an unsupervised one-hour pass, but he failed to return. He was later arrested.

THE CANADIAN PRESS



Colour me Halifax

Main Street Matters.

Haligonians divided over which street should get free makeover

CLARK JANG

halifax@metronews.ca

The contest that brought Haligonians together now threatens to tear them apart — with some friendly competition.

After being chosen as one of 20 cities across North America to receive a free street makeover from the Benjamin Moore Main Street Matters project, Halifax wants citizens to vote for one of 12 possible streets to receive the face-

And the nominees are...

These 12 streets were shortlisted by HRM's eight business improvement districts:

- Agricola Street (Halifax)
- Argyle Street (Halifax)
- Barrington Street (Halifax)
 Birmingham Street (Halifax)
- Blowers Street (Halifax)
- Herring Cove Road (Spryfield)
- Main Street (Dartmouth)
- Portland Street (Dartmouth)
- Queen Street (Halifax)
- Quinpool Road (Halifax)
- Sackville Road (Sackville)Spring Garden Road

(Halifax)

lift

Metro took to the nominated streets to find out which thoroughfare residents would like to see repainted.

For Matthew Zwicker, a Dalhousie University engineering student, Barrington Street popped out because it's quintessentially Halifax.

"It needs to be downtown, for sure, something tourists are going to see when they come here," he said

"Barrington is definitely more iconic when I think of downtown Halifax."

John Farley of Halifax agrees.

The 77-year-old feels "depressed" when he walks down Barrington.

"Barrington needs rebuilding," he said. "And it's got that awful Cogswell Interchange at the end. It's not very pleasant."

Kenzie MacDonald of

Halifax thinks the paint job could go a long way toward making the retail space on Quinpool Road more esthetically pleasing.

"As a major thoroughfare coming in and out of the city, I think it would be nice if we concentrate and spend some time and effort looking at their streetscape," MacDonald said.

Matthew Oxford, 22, believes there are numerous areas on Portland Street in Dartmouth that could use a splash of colour.

"Some of the buildings have been around for a while and they haven't been painted, and there's some new business going in," he said.

Residents can vote once a day until July 19 at halifax. ca/surveys/paintwhatmatters.html.



Japanese Maritime Training Squadron makes a pit stop

In town. Sailors hope to 'strengthen international bonds' with four-day visit during tour

CLARK

halifax@metonews.ca

Japanese sailors received a warm Canadian welcome as they pulled into the Halifax harbour Monday morning.

harbour Monday morning.

Royal Canadian Navy
members stood at attention
and members of Halifax's
Japanese community waved
Japanese flags as the 2,950ton ship Shirayuki moored at
the Halifax Dockyard.

Three of Japan's training vessels — Kashima, Shirayuki and Isoyuki — are in Halifax until Thursday. It's the second visit from the training squadron in the last two years.

Rear Admiral Fumiyuki Kitagawa, who commands the Japanese Maritime Training Squadron, said the intent is to strengthen international bonds.

"The reason why we visit new countries is to make more friends," he said through a translator. "The reason why we visit the same country several times is to revisit our old, and really good friends."

The ships, carrying around 700 sailors, are on a five-month, 18-country global tour. Halifax is the fourth stop on the itinerary, which also includes the United States, Russia and Germany. The ships departed from Harumi, Japan, in May, and will conclude their tour in October.

Kitagawa said the intercontinental trip — which has occurred annually since 1956 — is an opportunity for junior officers to get their feet wet.

"The officers do not have much experience, so the exercises that these people are taking are basic training exercises," said Kitagawa, noting sailors will be drilled in navi-

Schedule

Public events for Tuesday:

- 1:30-3:30 p.m. Tours of the Shirayuki, start at HMCS Scotian.
- 4:00-5:00 p.m. Squadron's taiko drumming performance and brass band concert at the Grand Parade.

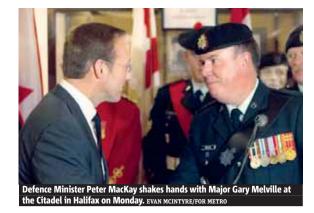
gation, damage control and basic tactical training.

Canada and Japan have been building relations through diplomacy and cooperation, including participation in the world's largest maritime-warfare exercise, RIMPAC. Kitagawa said the squadron's Halifax visit will help deepen ties between the two countries.

"By doing these kinds of exercises, we try to build a mutual friendship and basis of co-operation," he said.



Pip pip hooray! Historical army badges return



Correctional facility

Foul play not suspected in inmate's death

The provincial Justice Department says a 41-yearold inmate has died in a Burnside jail, but foul play is not suspected.

The unidentified man was discovered unrespon-

sive in his cell at the Central Nova Scotia Correctional Facility on Sunday around 4:30 p.m.

Paramedics were called to the scene and the man was pronounced dead about 15 minutes later.

The department says the man's family has been notified, but his name and age were not released.

THE CANADIAN PRESS

Soldiers in the Canadian Army will no longer have to explain their rank overseas, or risk offending a foreign officer with a missed salute.

Peter MacKay, minister of National Defence, announced Monday the army will be returning to the historical insignia, names and badges used before the 1968 amalgamation of army, air force and navy.

"Numerous important elements of Canada's military heritage were stripped and lost at that time," MacKay said during a speech at the

Quote

"There's going to be a little bit of a learning curve, but there's nothing wrong with that."

Major Gary Melville

Halifax Citadel.

He said at the time the decision was "extremely unpopular," and Monday's decision restores tradition while also returning to the system used by England, Australia

and others.

Instead of the series of golden stripes currently worn on uniform cuffs, officer rank will be determined by how many stars (or "pips") and crowns are sewn onto the shoulders.

MacKay said the Land Force Areas will be changed to the older division title, so all Atlantic soldiers will belong to Division 5 and have individual patches.

The minister said the startup cost for new badges will be \$245,000 but that savings will be \$53,000 per year, so the changes should pay for themselves in five years.

"Every mission I've been on, the other officers have this system and they look at you and go, 'What does that mean?'" said Major Gary Melville on the old golden-stripes system. "Now we'll be like the (other) armies."

MacKay also announced a four-year pilot project with the University of Alberta, under which students can gain leadership experience in the military while completing an undergrad degree.

HALEY RYAN/METRO

Sarah Crescent

Halifax Police investigating break-and-enter

Halifax police are looking for a suspect in a breakand-enter that happened while the homeowners were in the backyard.

A release from Halifax Regional Police states officers responded to a home on Sarah Crescent around 8:45 p.m. Friday. The occupants of the house were having a "gathering" in the backyard when one of them went inside and found a man stealing items.

The man took off on foot, and officers weren't able to find him. Only a limited description is available. METRO

Early-morning call

Teens charged for suspicious activity

Four teenagers were arrested Sunday in the Westphal area.

Around 3:30 a.m., RCMP responded to the Barbara Drive area, where a citizen had noticed a group of youths trying to break into cars.

Officers saw a vehicle leave the area without headlights, and pulled it over shortly afterwards on Highway 107.

Police seized cell phone chargers, a bat, screwdrivers and gloves.

Three boys, aged 14 to 16 years old, and a 17-year-old girl were later released. METRO



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A-high. Agency gives N.S. credit rating a boost

A bond-rating agency is giving the Nova Scotia government a stamp of approval for its fiscal performance and for tabling a small surplus in its spring budget.

Dominion Bond Rating Service upgraded Nova Scotia's long-term credit rating to A-high, the highest rating achieved by the province since the agency began assessing it in the late 1980s. Last year Nova Scotia received an A rating.

"This upgrade really reflects just a continuation of that improving credit profile," Dominion analyst Travis Shaw said in an interview Monday.

Shaw said the improvement was partly due to the fact the province tabled a surplus of \$16 million in its spring budget after largely sticking to its four-year plan to balance the books.

Shaw said the improved ranking is consistent with the agency's long-term ratings for Quebec, Manitoba and New Brunswick, though it is several notches below Alberta, the province with the only AAA rating.

He cautioned that it remains to be seen what impact slower

Two men are dead after their

truck crashed into a log pile on

a gravel road in western Nova

driving in the Kemptville area

RCMP say the men were

Kemptville. Two killed after truck hits log pile

Quoted



"It's important because it means that we're not a

financial basket case."

Finance Minister Maureen MacDonald

than anticipated national economic growth may have on the province.

"There's still some question marks as to how supportive economic growth is going to be for the provincial economy and what kind of impact that will have on the fiscal results for the province," Shaw said.

He said there are encouraging indicators despite a slowing national economy, including signs of some economic momentum in the United States

Finance Minister Maureen MacDonald said the rating is good news because it enables the province to borrow money at more favourable interest rates. THE CANADIAN PRESS

Both men, aged 36 and 38, were taken to hospital, where

Their names have not been

released, but police said they

were from Yarmouth County.

The cause of the crash re-

mains under investigation.

they died from their injuries.



'Time to say goodbye'

Renaissance.

Barrington Street clothing store packing up after three decades



HALEY RYAN halev.ryan@metronews.ca

Halifax's renaissance era is coming to an end.

On Monday the Renaissance Clothing Co. on Barrington Street announced it would be closing its doors in September for good. "It was a personal choice to

"It was a personal choice to retire," said Renaissance owner Catherine Nathanson, who

Flames to dust

"As they say, all good things come to an end."

Renaissance owner Catherine Nathanson

started the business with her late husband, Brian, in 1983.

Nathanson said she witnessed a lot of changes in her 30 years on Barrington Street — "Too much to say in a few minutes" — and that she's had a "really wonderful time" at that location.

She said the downtown core is "the heart of Halifax" because it's where most tourists come when they arrive in the city and out-of-town visitors end up wandering around the

area as well.

"It's the first place that a lot of people see," Nathanson said.

Many locals see Barrington Street as a difficult place to thrive, with high rent and a need for revitalization. But Nathanson is loyal to the neighbourhood.

"Unfortunately a lot of people are going to make the wrong judgments," she said about the closure. "(But) having been on the street as long as I have been, I've seen what the street can do.

"A lot of us have survived down here for 30 years."

Nathanson mentioned Chives, Attica and FireWorks Gallery as local businesses that have done well on Barrington Street and drawn a great support network.

"I love the people downtown. It was a tough choice ... but time to say goodbye," she said.

Nathanson, who owns the 1549 Barrington St. property, said she hasn't sold the business to anyone and doesn't have any plans for converting the space yet, or plans about what she'll do next.

"I'll have a chance to breathe, I think," she laughed.

Sunday when the driver lost control of the truck and it crashed.

Springhill

Scotia.

Driver dies after ATV collision with power pole

Police say an 18-year-old man whose all-terrain vehicle crashed last week has died from his injuries.

The man was riding an ATV in Springhill last Thursday when the machine crashed into a power pole at an intersection.

He was airlifted to hospital in Halifax with lifethreatening injuries.

Police say the man died Saturday. THE CANADIAN PRESS



Sydney Mines

THE CANADIAN PRESS

Attempts to revive man fail

Police say an autopsy will be performed on the body of a man who died after an incident Sunday at a Cape Breton beach.

The 58-year-old man was seen standing in the water of the beach on Ocean Street in Sydney Mines when he suddenly disappeared.

Witnesses told police they then spotted the man in distress.

He was pulled ashore and taken to hospital in nearby Sydney, but he could not be revived.

Police say the death is not considered suspicious. THE CANADIAN PRESS

Men overboard get helping hands

A Pictou-area fisherman and two RCMP officers are getting credit for averting a tragedy in dramatic fashion during modified boat races in the Pictou Harbour over the weekend.

Dave MacCarthy was driving his boat, the Strait Ahead, with friend Clinton MacKeil on Saturday when they took on water during a hard turn.

"We just went into the corner a little too fast," MacCarthy said. "She dug her nose in and she kind of gave a sideways jerk.... Both of us went over the side."

The boat continued at full throttle with the wheel locked in a turn.

Fisherman Lonnie MacIsaac stepped in to pluck the two men from the water.

At that point the RCMP patrol boat, piloted by officers Bryce Haight and Robert Cullen, picked up MacCarthy and went after the runaway vessel.

Haight manoeuvred into a position that allowed Mac-

Carthy to leap back onto Strait Ahead and regain control.

"The boat just had to be stopped one way or another," MacCarthy said.

MacKeil was transported by EHS to hospital with a shoulder injury and later released, while MacCarthy did not require medical attention.

Haight said he is just glad they were able to help.

"Everyone was very lucky indeed," he said.

ADAM MACINNIS/NEW GLASGOW NEWS



A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Foucrault said that while autopsies of the two teens have been completed, he wants to review information from the public safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Foucrault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have accidentally struck one of the two girls, who were the only



Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Trans-portation Safety Board chairwoman Deborah Hersman

and Wang Linjia, in an undated

THE ASSOCIATED PRESS

Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies

were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked their encampment without provocation just after they had performed dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire

More than 400 were wounded in the mayhem, officials



Asiana crash. Coroner to verify findings on whether girl was killed by fire truck A coroner said Monday he A coroner sai

Lac-Mégantic disaster.

Rail company and the fire service of a nearby town blame each other

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a possible dispute about what happened and who's to blame.

The main antagonists are a rail company and the municipal fire department in a town near the ruined Lac-Mégantic.

The fire chief in Nantes, Que., said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic.

Hours later, that same train rolled down into Lac-Mégantic, derailed and exploded, killing at least 13 people and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was extinguished in under an hour.

"The people from MMA told us, 'That's great — the train is secure," Lambert told reporters. "We were given our leave."

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough - and

that the decision to shut off the engine to put out the fire may have disabled the brakes.

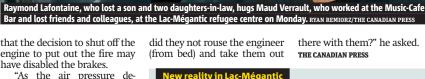
"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC on Monday.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"When they get a call about a locomotive having a fire, why

(from bed) and take them out

there with them?" he asked.



The town of Lac-Mégantic began its work week in anything but working order.

• Ruin. Dozens of businesses and homes were destroyed. A grocery store, a dollar store and a popular bar are gone. So is the municipal library. Other areas are off-limits.

- Death. The coroner's office asked relatives of people missing to provide DNA like on a toothbrush — to help identify victims.
- **Sympathy.** From England, the Queen offered her condolences Monday for what she described as a shocking loss of life.

Effect on pipeline-vs.-rail debate

The deadly explosion high-lights the risks that come from transporting oil, no matter the method.

Spills from rail cars occur more frequently than from pipelines, but tend to be smaller. And pipelines can be built to avoid population centres and fragile ecosystems, while trains travel routes where such concerns often were not weighed.

The Quebec disaster underscores a trend in which North America's oil is increasingly transported by train, as plans for new pipelines stall.

Since 2009, the number of train cars carrying crude oil hauled by major railroads has jumped nearly 20-fold.

Prime Minister Stephen Harper, who has been pushing the U.S. administration to approve the Keystone XL pipeline, has called railroad transit "far more environmentally challenging."

Fadel Gheit, an energy analyst at Oppenheimer & Co. Inc., said it would be a mistake to view the disaster as a boost for the Keystone project – and that Harper will need to persuade the Obama administration on the project's merits, rather than the dangers of rail. THE ASSOCIATED PRESS





Cabinet shuffle expected.

Vic Toews says he leaves us with a safer nation

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving politics.

Public Safety Minister Vic

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he is resigning as MP for the Manitoba riding of Provencher, effective Tuesday.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a news release.

Toews, 60, was elected to the House of Commons in 2000. In the last federal election in 2011, he won the seat for the Conservatives with just over 70 per cent of the vote.

"One of the commitments I made to my spouse (is that) by the time my young son goes to school, I will have left politics. He is entering Grade 1 this year," he told radio station CHSM in Steinbach, Man.

He said he leaves public of-

Not a friend to all



Not everyone will miss Toews.

- "All too often we saw spite and short-sightedness instead of gravitas," said federal NDP ethics critic Charlie Angus.
- "Many of my colleagues and myself won't miss his insults," added NDP justice critic Francoise Boivin.

fice "at a time when I believe our country is more sensitive to the needs of victims, more fiscally sound and safer for citizens and future generations of Canadians."

THE CANADIAN PRESS

Record rains drench Toronto commuters

City streets flooded.

Severe thunderstorms cause blackouts, havoc on roads around T.O.

Record-smashing rains knocked out power for hundreds of thousands of residents across the Greater Toronto Area, including most of Mississauga, and so badly flooded some roads and major highways that drivers abandoned their waterlogged vehicles.

Mississauga, a city of more than 700,000 to the west of Toronto, saw some of the worst of the blackouts, with 80 per cent of the community plunged into darkness, according to power distributor Enersource. By about 10 p.m., only some 50,000 were without power.

Environment Canada said some parts of the GTA had been drenched with more than 100 millimetres of rain, trouncing the previous one-day rainfall record of 29.2 mm in 2008 for Toronto and even beating the 74.4 mm monthly average for July.

Water from flash flooding poured out of sewer drains, while Toronto's downtown core was dotted with abandoned vehicles, some sitting in water up to their windows. One woman, sporting a T-shirt and shorts, dove headfirst through the window of her marooned car before wading away in the thigh-deep currents.

Drivers were not the only ones dealing with problems getting around after the severe thunderstorm system hit at about 5 p.m.

A woman dove headfirst through the window of her marooned car before wading away in the thigh-deep water in Toronto on Monday. A lot of drivers abandoned their waterlogged vehicles. FRANK GUNN/THE CANADIAN PRESS

All of Toronto's subway service was temporarily halted due to power and signal issues. Some stations were also flooded. Partial service later resumed but large parts of the

system were still shut down.

Go Train commuter service was also disrupted after portions of track along the western Lakeshore and Richmond Hill lines were left underwater.

A rush-hour train became stranded in floodwaters up to the lower windows as it made its way north to Richmond Hill. The murky brown water spilled through the bottom floor of the carriages and sent riders fleeing

for dry ground in the upper sections of the train.

"There's a full-on river on either side of us... We. Are. Stuck. Hard," passenger Jonah Cait quipped on Twitter.

Metrolinx spokeswoman Vanessa Thomas said the power was shut off and windows cranked open for ventilation on the double-decker train, which can carry up to 1,900 people.

Commuter Mike Li said the green-and-white train became stuck in a dipped part of the track and was trying to back out when it became paralyzed by encroaching floodwater.

THE CANADIAN PRESS

Flights cancelled

Air travellers were also affected.

- Porter Airlines tweeted at about 7 p.m. that it had cancelled all flights out of the city's downtown airport due to power outages in the terminal.
- Flooding even knocked Pearson airport's website offline, as its computer server room got completely soaked.

Rick Perry. Longtime Texas governor will not seek re-election

Rick Perry, the longest-serving governor in Texas history, says he won't seek re-election in 2014. The staunch Christian and fiscal conservative said Monday that he plans to retire.

Perry, 63, entered the race for president in 2011 but dropped out. He's best known in that campaign for uttering "Oops" during a debate after forgetting the third of three



Sen. Wendy Davis is considered the likely front-runner for the Democrati gubernatorial nomination in Texas, should she run. GETTY IMAGES FILE

federal agencies he wanted to eliminate if elected. Before that, he stirred controversy by suggesting Texas could secede the U.S. and for shooting a coyote with a concealed handgun while jogging.

Perry had never lost an election during his 27-year political career, but his presidential run flamed out spectacularly.

He's been back in the spotlight over the issue of abortion.

Last month, Perry had a notable confrontation with state Sen. Wendy Davis, who drew international attention for giving a half-day speech against proposed abortion restrictions. Her speech successfully kept a vote on the restrictions from taking place during a special session of the legislature, but Perry called lawmakers into a new 30-day special session to take up the bill again.

Opponents of the bill, which, among other things, would ban abortions after 20 weeks of pregnancy, say it would force most Texas abortion clinics to close.

THE ASSOCIATED PRESS

Buckingham Playschool

Royal baby will have a cousin to play with

Buckingham Palace says Queen Elizabeth II's granddaughter Zara Phillips — the 14th in line to the British throne — and rugby star Mike Tindall are expecting their first child in the new year.

The 32-year-old Phillips, an Olympian, is the daughter of Princess Anne and Capt. Mark Phillips. The child will be Anne's third grandchild, as her son, Peter Phillips, has two daughters. THE ASSOCIATED PRESS

A true prince(ss)

Can Your Royal Highness say "da-da"?

The world may not yet know if Kate Middleton and Prince William are having a boy or a girl, but we at least know what the tyke's official title will be.

The newest member of the royal family, due this month, will be crowned His or Her Royal Highness the Prince or Princess of Cambridge, according to the Daily Mail. His parents are the Duke and Duchess of Cambridge.

METRO WORLD NEWS

Insufficient supervision

Drilling company admits guilt in worker's death

A drilling company has pleaded guilty in the death of a worker in Saskatchewan.

D.J. Drilling (2004) Ltd. of Vancouver, operating in Saskatchewan as J.D. Drilling Co. Ltd., was charged under the Occupational Health and Safety Regulations for failure to ensure that all work at a place of employment was sufficiently and competently supervised.

THE CANADIAN PRESS

Coal burning

Polluted air linked to shorter lifespan in China

A new study links heavy air pollution from coal burning to shorter lives in northern China. Researchers estimate that the half-billion people alive there in the 1990s will live an average of 5 1/2 years less than their southern counterparts.

China itself made the comparison possible: for decades, a now-discontinued government policy provided free coal for heating, but only in the colder north. THE ASSOCIATED PRESS

Mortgage rules

19% of first-time homebuyers have delayed purchase

A new Bank of Montreal study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened Canada's mortgage rules last year. Finance Minister Jim Flaherty's introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. THE CANADIAN PRESS

Market Minute





12,208.87 (+73.96)



\$103.14 US (-8¢)



GOLD \$1,234.90 US (+\$22.20)

Natural gas: \$3.74 US (+12¢) **Dow Jones:** 15,224.69 (+88.85)

Social media. Facebook expands Graph Search

Users who may have grown frustrated with Facebook's rudimentary search feature are getting an updated version designed to make it easier to find people, places and photos on the site.

Facebook unveiled its social search tool in January, but only made it available to a small fraction of its 1.1 billion users, as its engineers continued to tweak and test it.

Over the next few weeks, starting on Monday, the company is rolling out the social search tool, called Graph Search, to everyone whose lan-

guage is set to U.S. English.

Unlike searches on Google, which are good for finding specific things like roasted kale recipes or Mizuno running shoes, Facebook's tool is most useful in unearthing information about your social circles.

Graph Search lets you find friends who live in San Francisco who are vegan. Friends of friends who live near you and like hiking. Photos of your boyfriend taken before you met him in 2010. Nearby restaurants that your friends like — and so on.

THE ASSOCIATED PRESS



Are the new Twinkies a bit too well-preserved?

Twinkies don't last forever, but they'll have more staying power than most people remember when they return to shelves next week. Hostess Brands LLC says the spongy yellow cakes will have a shelf life of 45 days when they start hitting stores again July 15. That's nearly three weeks longer than the 26 days that the old company — which went out of business last year — had stated as the shelf life for Twinkies. A spokeswoman for Hostess declined to say what changes were made to extend the shelf life, saying that it is proprietary information.

Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses o-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. ISTOCK

Marketers beam ads into rail commuters' heads

Germany. When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered



KIERON MONKS

The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Quote

"It's at the trial phase and the public reaction will decide if this takes off."

Ian Barber of the Advertising Association

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of train. Using so-called bone-conducting technology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson

told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forth-coming Google Glass device, and the model could become common if successful.

"It's at the trial phase and

the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technology, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while comments below the video included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a roll-out date.

Loonie rises amid strong housing data

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth \$7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Ouebec.

Meanwhile, the Bank of Canada's latest survey of business intentions suggests Canadian companies are uncertain about the pace of the economic recovery. And the survey of 100 firms indicates corporate Canada is pulling back on their investment plans and keeping hiring modest.

The Bank of Canada itself has called on business to invest more in order to be in position to take advantage of

Back to parity by late 2014?

- A new report from CIBC
 World Markets says the
 loonie should stay within a
 couple of cents of current
 levels for the rest of the
 year, then rebound to parity with the U.S. greenback
 by the end of 2014.
- "While normal volatility will no doubt see days

with the Canadian dollar a cent or two weaker than today's levels, we view the bout of Canadian dollar softness this year as an opportunity to buy it ahead of a likely appreciation in 2014," says CIBC chief economist Avery Shenfeld, who co-authored the report.

the global economic recovery when it comes. But the survey suggests that execu-

tives appear to be saying the expansion must come first.

THE CANADIAN PRESS

metr⊕ **VOICES**

NARCISSISM? AT THE GYM? OBVI

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for some-

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see



Jessica Napier metronews.ca

how our bodies look as we go through the move-

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pi-

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in

a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back

I've caught some flak for my substantial collection of pastel Nike Frees and \$90 yoga pants — you'd think I signed a sponsor-ship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out Follow Jessica Nanier on every once in a while.

Twitter @MetroSheSays



ZOOM

Pride and fibreglass



Firth immortalized as Mr. Darcy from **Pride and Prejudice**

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in Pride and Prejudice, was installed Monday in London's Serpentine lake.

. The figure shows Darcy

emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February. THE ASSOCIATED PRESS

Viewers have their say

"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."

Adrian Wills, general manager of **UKTV channel Drama,** told U.K. newspaper the Guardian



So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No



problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."

Lonely Planet:

Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

Hotwire:

If you're looking for a five-star room at a one-star price, Hotwire's your siteas long as you don't mind surprises. Hotwire lets you choose the hotel

amenities you're looking for, but keeps the hotel name a secret until you've

Booking.com:

Though the site does much the same as many of the other travel sites, booking.com also offers secret deals kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).

@metropicks asked: Would vou smash a stranger's car window to save a dog? How about a child?

@mackaylc: What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

@canuckitude: The cost for the stranger to replace a window is nothing compared to the loss of a life.

@MicheleCrystal: my dad did for a dog when I was little! Still remember it and I def would if I saw one today

@koolkirbs: You can always buy a new window, but the life of a child cannot be replaced.

@howwon: Yes and I would stick around to snap a photo and shame them on the social media network.

Follow @metropicks and take part in our daily poll.

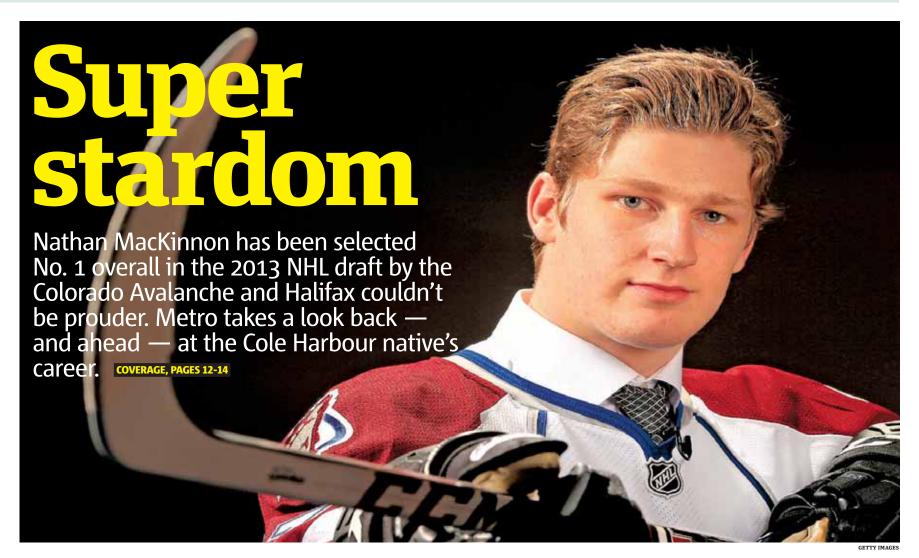
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CONGRATULATIONS NATHAN MACKINNON 1ST OVERALL IN THE NHL DRAFT

metronews.ca Tuesday, July 9, 2013 NATHAN MACKINNON 11





metr⊕

12

NATHAN MACKINNON

Tuesday, July 9, 2013

Nathan MacKinnon vows to stay hungry

Challenges ahead.

No. 1 NHL draft pick determined to stick with the Avalanche next season



ANDREW RANKIN

Nathan MacKinnon knows

the real work starts now. It's not that the 17-year-old Cole Harbour native isn't still charged about being the Colorado Avalanche's No. 1 pick at the June 30 NHL draft in New Jersey; he just knows he'll have to earn a spot on the team, like everyone else.

It won't be easy.
"You can always get a little bigger and stronger and I know it's a tough league to play in and it's going to be a challenge," said MacKinnon. "But I feel I can make

the adjustments. By staying confident in my strengths I think I'll be able to stick."

The Halifax Mooseheads star returned to the Maritimes last week after a pressure-packed few days in Denver where he was whisked from photo shoots to press showings to meetand-greets.

He joined fellow Cole Harbour native and Pittsburgh Penguins superstar Sidney Crosby in P.E.I. for a few days of gruelling training. According to MacKinnon, the talk was kept fairly light.

"We talked a little bit about the possibility of playing against each other next year, which would be cool, but really the focus was on training," MacKinnon said.

Moving on

MacKinnon's proud of what he's accomplished in Halifax. But at the same time he knows it's time to make the next step.

 "I loved my two years with the Mooseheads, and I'll miss that hometown spirit. But now I have a big challenge ahead of me."

"He's the hardest worker in hockey right now and I'm lucky to have had the opportunity to train with the best player in the game." After a few days at home

After a few days at home hanging out with his family and friends, MacKinnon took off Monday for the Avalanche's development camp.

He's prepared to seize the moment in his own confident but quiet way.

"It's a big challenge but it's something I've worked

"It's a big challenge but it's something I've worked my whole life for. I'm really excited about the chance to play and contribute with Colorado next season."

Quotec

"I've been raised to deal with this my whole life. Now that it's here I don't think anything changes. The real work starts right now."

Nathan MacKinnor



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metronews.ca Tuesday, July 9, 2013 **NATHAN MACKINNON**

Peewee and bantam years. Early coach recalls MacKinnon's drive

One of Nathan MacKinnon's first coaches says his star po-tential was evident even as a youngster.

"It never seemed like work to him," said Jon Greenwood of the Maritime Hockey Academy. Greenwood

coached MacKinnon as an 11- and 12-year-old in peewee and ban-tam, but said he was getting attention even before that.

"He had 130-something

goals that second year of atom, so people certainly knew who he was," said Greenwood.

"He was a dominant player as a first-year (peewee) player to the point where ... he moved up the following year to bantam as a peewee-aged player."

Greenwood attributes MacKinnon's success to a rare combination of skill, dogged determination and — most determination and — most importantly — the will to win.

"We might lose 6-4 but

he'd have all four goals, and it wasn't from lack of trying," said Greenwood. "He certainly was super-competitive and

"It's really cliche. but he literally really always was the first one dressed and ready to go on."

Jon Greenwood, Maritime Hockey

hated to lose.'

With hundreds of hours on the ice and in the weight Greenwood said he's seen MacKinnon mature as a player, expanding his skills beyond the individual range to be

He said he expects big things in the NHL from his former student, without the distraction of any scandal or controversy.

"I know how focused he is and how badly he wants to be a hockey player," said Green-wood. "He's not just somebody who's good at hockey, and there is a bit of a difference." RUTH DAVENPORT/METRO

The Shattuck-St. Mary's experience: Learning to trust

Coach's corner.

John LaFontaine most proud of helping MacKinnon develop his mental game



ANDREW

It didn't take long for Nathan MacKinnon's teammates at Shattuck-St. Mary's to realize what the then 14-year-old expected of them.

"Nathan demanded nothing but the best from himself," remembered John La-Fontaine, his coach during the 2009-10 season. "He was tough on his teammates; if they weren't ready to play or ready to battle he would really let them know.'

LaFontaine worked with the Cole Harbour native during his first year at the Minnesota-based prep school, essentially teaching the

Ahead of the pack

"It was tough for me to pair him with players that could play at his speed.'

John LaFontaine, Shattuck-St. Mary's coach

young phenom to be gentler on himself and on his team-

Like most of the elite of the elite who come to the school, including fellow Cole Harbour native Sidney Crosby, they arrive unprepared to play with players up to their

"We're so focused on playing the give-and-go passing game to get them at the top level. We had to get him to trust in his teammates, that he's going to get the puck

"Once he did that, he had special written all over him because it doesn't matter what tools you have — if you can't see the ice, that will stop you."

Like everyone, he recog-

nized MacKinnon's obvious gifts right away: The explo-sive speed, his ability to score and relentless intensity MacKinnon would end up

finishing the 56-game season with 101 points.

After plenty of one-on-one

time, LaFontaine started to see a more emotionally disciplined MacKinnon. His emotions were no

longer impeding his develop-

ment. By extension, he became kinder to himself and his teammates. "Most of the time Nathan was mad at himself and not at his teammates," said La-

Fontaine. "I don't think Nathan realized just how much of an effect he had on them until

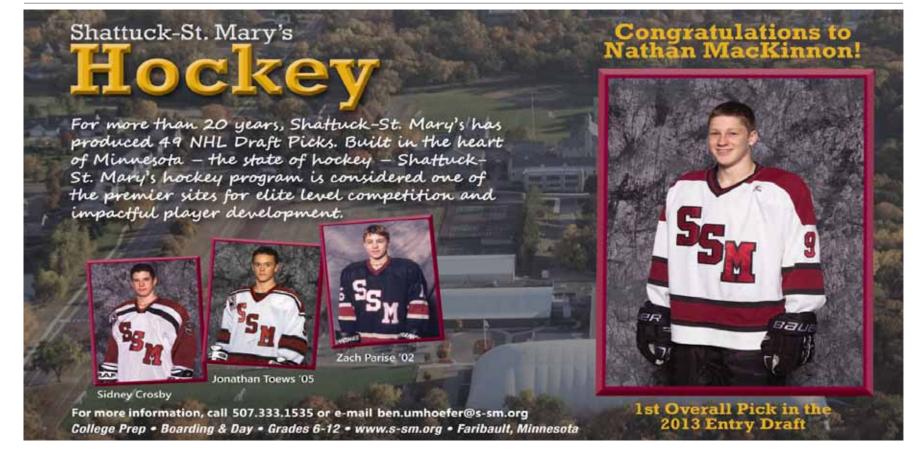
midway through the season.'



this season. JEFF HARPER/METE

Ironically, one of Lafontaine's proudest memories of MacKinnon came at the end of the year when Shattuck lost in the championship game at the nationals.

"It was heartbreaking for Nathan, but he was the first one putting his arms around his teammates: he was the first one sharing his emo-tions with them. That stays





metr⊕ **SPECIAL**

A tale of perseverance

No bellyaching.

Parents say son doesn't let disappointment get him down



ANDREW RANKIN

No one was more disappointed in Canada's performance at the world juniors this year than Nathan MacKinnon.

Charged with fourth-line checking duties, the 17-year-old Cole Harbour native was given little chance to shine.

It was a painful ordeal:
It was a painful ordeal:
His lack of production,
stamped by Team Canada's
underachieving performance that didn't result in any medals.

But MacKinnon used the experience as motivation.
"He didn't sit around and

bellyache," said his mother

"That competitive drive is with him 24/7. He's got that in him to win."

Kathy MacKinnon, about her son Nathan

"I think Nathan was more upset that the team

didn't do well.

"But you grow the most from some of the most difficult challenges you face. He came back fired up and ready to get back at it with the Mooseheads. But it was hard on him, there's no doubt."

Held off the scoresheet in his first game back against Blainville-Boisbriand Armada, he found his scoring touch the next game, embarking on a 10-game streak where he amassed 17 points until he suffered a MCL injury against the Moncton Wildcats on Feb. 8, which caused him to miss 14 games.

In his return he would pick up where he left off, registering two goals and two assists against the Cape Breton Screaming Eagles.

He went on to help lead the Herd to its first

President Cup title, registering 33 points.

He's blessed with raw talents like his explosive speed, but he also possesses

a roaring competitive fire.

"His sister (Sarah) says,
"Try playing Scrabble with
him at the cottage, he's going to win," said Kathy with

a laugh. His MVP Memorial Cup campaign left little debate about the No. 1 prospect in North America.

Not only did he lead

the Mooseheads to junior supremacy, he exposed the then-No. 1 prospect, Portland Winterhawks de-fenceman Seth Jones, by registering back-to-back hat tricks in as many games against the American, in-cluding during the championship contest.



Cole Harbour congratulates Nathan on achieving his



MacKinnon mania nothing new

Nathan MacKinnon grabbed international attention last month as the No. 1 pick in the NHL draft, but Brian Urquhart says the rest of the world is late boarding the MacKinnon train.

The vice-president of business and operations for the Halifax Mooseheads said the frenzy surrounding MacKinnon is "not some-thing new for us."

"It's safe to say Nathan

is one of the most popular

"It's safe to say Nathan is one of the most popular players I'm sure we've had in franchise history."

Brian Urquhart, vice-president of business and operations, Halifax Mooseheads

players I'm sure we've had in franchise history," Urquhart said.

While the draft has intensified the attention around Mooseheads favourites Jonathan Drouin, Zach Fucale and especially MacKinnon, Urquhart said the trio was popular "long before" this spring.

MacKinnon's popularity is likely thanks to the hometown-boy factor and his childhood ties to the Herd, said

Nathan is a kid that billeted our players. He grew up in Cole Harbour wanting to play for the Mooseheads. To sort of see him come full circle, and ... realize his dream, I think it's extra special," Urquhart said.

Urquhart added that being a key part of the President and Memorial Cup-winning season has "catapulted his popularity up the charts." HALEY RYAN/METRO





It's hard to put a number on how many MacKinnon jerseys sold this year (especially because some fans add the name on after they buy one), but Urquhart said MacKinnon likely edged out teammate Jonathan Drouin.

- MacKinnon has also been the most requested player for autographs and community events.
- "I think he's going to be for the next level when things."

"CONGRATULATIONS TO OUR 2013 NHL DRAFTEES"

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DVD reviews



Dead Man Down

Director. Niels Arden Oplev

Stars. Colin Farrell, Noomi Rapace, Terrence Howard

...

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Opley, who directed the original version of The Girl With the Dragon Tattoo, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (The Mexican) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown that American films are noted for.

The Gatekeepers

Director. Dror Moreh

••••

A monolith crumbles in The Gatekeepers, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security and anti-terrorism service. He shines a spotlight not just on this shadowy operation — its motto is The Unseen Shield — but also on the conflicted intentions and mixed emotions of the men who run it.



Lots of drinking mixed with a little thinking

Drunk History. What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON

Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by Funny or Die and now, seven years later, Waters and cocreator/director Jeremy Konner are bringing their Drunk History to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess

"It's 100 per cent real," says Waters.
"The narrators are com-

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get

Drunk on star power

Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the cohosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different cohost for each episode of the daytime show, titled Kris.

Others in the lineup in-

clude Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces Keeping Up With the Kardashians, which features Jenner and other family members.

Khloe Kardashian-Odom, one of Jenner's daughters, also will be a Kris co-host.

THE ASSOCIATED PRESS



Threads

Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track Can't Tell Me Nothing as he silences his fashion critics with a design comeback

"Yeezus," indeed. The rapper drops a new fashion line with French chic

@APC_FRANCE con-

firmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE COLLEC-TION JULY 14."

It's West's first return to the fashion arena since last year, when his ownlabel womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts. The clothing line also features a red "A.P.C. Kanye" tab.

METRO WORLD NEWS

The Word



@DanielRadcliffe Dear Harry
Potter, I'm Gabriel, from Brazil.
Your tweet has 2 mistakes: "it has

#Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN Metro World Ne

The scourge of bad grammar on the Internet often begins



@KimKardashian, you're beautiful I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's

with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@ danielradcliffe Hi Harry Pot-



Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here": 1

ter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing'" are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarcops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer.

#GOTG Kinda douchey to post
this but my brother made me,'
the actor captioned the above



proud selfie. Pratt's brother deserves the praise of a grateful nation.

Is Jen pasting on a false pre-nuptial face?



Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this.'



Marley Domestic Short Hair

8 year-old Marley came to us pregnant. Her babies have been adopted and now that Marley is spayed, it's her turn to find a loving forever home. With an exquisite tabby coat of ginger with black striping, her facial markings are elegant and perfectly symmetrical. She is also gifted with extra toes. But her beauty is not limited to the outside... although cautious at first, when spoken to encouragingly, she slowly comes out of



her shell displaying a friendly, affectionate and interactive side. If you could benefit from some serious feline affection, Marley is the one for you. Please visit her today.

For more information on Marley and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS



Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show.





Foot foibles

Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer to other body parts.



BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whatever you're cooking the use of long-handled tongs to turn the food also will help prevent searing skin or worse.

Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention.





Bug bites

While warm weather gets people outside, it also brings out the blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. Also, covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.





Calling all herbivores! This grilled dish is just for you





ROSE REISMAN or more, visit osereisman.com or follow ner on twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

- 1. Cut the tofu into six equal
- 2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place

Per serving: 115 calories, 7 g protein, 15 g carbohy drates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

on a serving dish and keep

- 3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.
- 4. Pour over tofu and garnish with sesame seeds and cilantro.

NUTRI-BITES Theresa Alber DHN, RNCP myfriendinfood.com

Become a grill

Health Solutions

champion

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

Mastering grilling

• Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, vou want your food to hit a red-

surface so it doesn't stick and it does caramelize quickly.

- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.
- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.
- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.
- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE

NUTRITIONIST IN TORONTO. SHE IS @ THER-ESAAL-BERT ON TWIT-TER AND FOUND DAILY

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Falafel me this: Why not just add some rice?

 ${f 1.}$ In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate

for up to 12 hours.

3. Pour enough oil in heavybottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2 -inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using.

RICEINFO.COM

- 1 cup (250 ml) dried chick-
- 1 small onion, diced • 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped
- fresh parsley • 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika

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- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour . 1 cup (250 ml) cooked and
- cooled U.S. brown rice • 1/2 cup (125 ml) vegetable oil (approx)
- Lemon Tahini Sauce
- 1/2 cup (125 ml) tahini
- . 6 tbsp (90 ml) lemon juice

Model suite. Harbourvista Apts.

- 1/4 tsp (1 ml) each salt. pepper and ground cumin
- 6 tbsp (90 ml) water To Assemble
- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced • 1/3 cup (75 ml) finely diced

809-2221

www.harbourvista.ca





ur bank account grow from all your hard work picking straw

Ain't no rest for the children, cuz money don't grow on trees



With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes,

by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their

money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all

about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?'

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means sav-

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and longterm saving will flow naturally out of this.

Contact Alison at griffiths.alison@



Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grand-father's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did where he last summer, enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation

"He's 14. He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

Take on a project

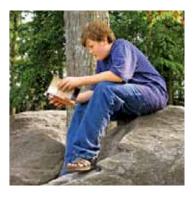
Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art



installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.

Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.



Lendyourtime

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer oppor-tunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.



The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged.

THE CANADIAN PRESS



Former Moosehead forward and Cole Harbour native Stephen MacAulay signed his first pro contract with the Hamilton Bulldogs on Sunday. JEFF HARPER/METI

Former Moosehead grateful for AHL opportunity in Hamilton

Ontario bound.

Cole Harbour native is relishing his opportunity to show what he can do in AHL



Do a Twitter search using Stephen MacAulay's handle name @smacaulay9, and you'll see for yourself.

The list of tweets will be long and the content glowing from past teammates, fans,

reporters and coaches alike, all congratulating the former Halifax Moosehead for signing a one-year deal with the AHL's Hamilton Bulldogs on Sunday.

Predictably, the 21-year-old fan favourite was appreciative but a tad sheepish in response to the support, as well as being widely known as a really great

guy.

"I've just tried to treat people the way I'd want to be treated," said MacAulay.

He commands respect for his ability to play an all-around game. That ultimately is what Montreal Canadiens brass liked after the Cole Harbour native participated in the club's weeklong development camp in

Upward trajectory

"I've been developing and I'll be working my hardest, so I'll be ready when my opportunity comes."

Stephen MacAulay

Montreal

MacAulay isn't sure what role he'll play with the Montreal Canadiens' AHL affiliate team, but he's determined to excel

"They said they'd be comfortable playing me in a top-six role or I could hit and be an

energy guy on the third line or play on the fourth line left, centre or right. I'm glad they saw that. I've taken pride in all aspects of the game."

MacAulay was offered a 25game contract with the club last season but decided resuming his four-year junior career as an over-ager with the Saint John Sea Dogs would be better for his development. He also wanted to be near his ailing mother Jean.

After taking a primarily defensive role on three powerhouse Sea Dogs teams, MacAulay wanted a chance to showcase his offensive side. He felt he had something to prove to himself. He did exactly that,

registering a career high 62 points last season between the Sea Dogs and the Mooseheads, 27 more points than his previous high.

Despite enduring the death of his mother last March, MacAulay soldiered on, collecting 20 points in the Herd's President Cup-winning playoff run and then helped lead the Mooseheads to their first Memorial Cup title with five points in four games.

He's managed to collect a remarkable three President Cup titles and two Memorial Cups as a junior.

Now it's time for another journey, which he hopes will ultimately lead to the NHL.

NHL. Herd blue-liner Lewis invited to Calgary Flames' development camp

Halifax Mooseheads defenceman Trey Lewis will attend the Calgary Flames development camp, starting this Thursday to July 16.

Out of 44 camp participants, Lewis is among 11 invites that are not Calgary prospects.

The undrafted 20-year-old defenceman, who co-captained the Mooseheads last season, is

entering his fifth and final year with the Herd.

In 59 games with Halifax last season the Aldouane, N.B. native recorded five goals, 18 assists and a plus-38.

The camp sessions Calgary and will include skill development and fitness testing components as well as scrimmages.

ANDREW RANKIN/METRO



NBL

Storm pass over Summerside for Charlottetown

The Summerside Storm is no more.

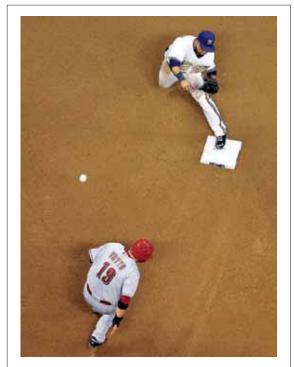
The National Basketball League of Canada team has announced that it has signed an agreement to play out of the Charlottetown Civic Centre for its 2013-14 season. Team co-owner Duncan Shaw said in a statement that the team had signed a memorandum of understanding with Charlottetown on Saturday.

"Our first responsibility as owners is to put the business in a position to succeed and sustain itself," said Shaw.

"It was a difficult, complicated decision but we feel that in the end the circumstances in Charlottetown are the best situation for the Storm to succeed in Prince Edward Island."

TRANSCONTINENTAL MEDIA

metr⊕ **SPORTS**



Brewers bash around Bailev

Brewers shortstop Jean Segura makes a wild throw to first as Reds slugger Joey Votto breaks up a double play on Monday in Milwaukee. Reds starter Homer Bailey lost his bid for consecutive no-hitters when Segura singled with one out in the first inning for the Brewers on Monday night. The Reds lost 4-3. MORRY GASH/THE ASSOCIATED PRESS

Blue Jays still a mystery at halfway point of 2013

On edge in T.O.

Highly-touted club has looked both like a contender and a bottom feeder through first half of 2013

The Toronto Blue Jays have been at their inconsistent best

The optimism that surrounded the team at the start of the year was nearly snuffed out by a terrible start. An 11game winning streak brought some relief, but the 43-45 Jays are hovering near the .500 mark and need a second-half surge to get in the playoff mix in the AL East.

There have been some big disappointments and some intriguing surprises.

The starting rotation has struggled more often than not. The bullpen — thought to be



a soft point at the start of the year — has been dominant.

Sluggers Edwin Encarnacion and Jose Bautista are posting big numbers again but too many weak points remain in the lineup. First baseman Adam Lind is enjoying a bounceback year and shortstop Jose Reyes has impressed with the bat and the glove.

Injuries have taken a big toll and forced manager John Gibbons to be creative.

So is this the squad that was among the worst in the majors to start the season? Or is it the one that looked as if it couldn't be stopped last month?

It's hard to tell.

"Well that little run we made in the last few weeks, we're resilient, we could have disappeared," Gibbons said in a recent interview. "It would have been easy to really just

disappear but they didn't do that. They show up to play every day and that's all we can

The rotation looked so deep in early April but the performances have been so uneven.

R.A. Dickey has only shown flashes of his Cy Young form. Josh Johnson dealt with injuries and has yet to get on track.

Mark Buehrle soaks up innings but often allows a lot of runs. Brandon Morrow was mediocre before going down with a forearm injury and J.A. Happ saw limited action before taking a liner off the head and injuring his knee.

But Gibbons remains optimistic that his team can still move up the division standings.

"We've got to play better than we did in the first half but I expect us to stay in this thing,' he said. "But we've got to be solid. We've got to get really good starting pitching and we've got to swing the bats.

THE CANADIAN PRESS

Hockey Hall of Fame

Lamoriello hopes this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s - Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate.



UFC. White says Silva-Weidman sequel will be UFC's 'biggest fight ever'

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Biggest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all his of 16 previous UFC fights, clowned his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

The 29-year-old Weidman (10-0) received a basic purse of \$24,000 US plus a \$24,000 win bonus, according to the Nevada State Athletic Commission, A



\$50,000 knockout of the night bonus increased that figure to

Expect the UFC, which does not like to talk money, to quietly top up Weidman's pay in spectacular fashion.

Silva (33-5) collected a basic purse of \$600,000, missing out on a \$200,000 win bonus. The Brazilian's pay cheque, however, will be in the millions once other bonuses and a cut of the pay-per-view revenue are factored in. THE CANADIAN PRESS

MLB **AMERICAN LEAGUE**

EAST DIVISION

	W	L	Pct	GB
Boston	54	36	.600	_
Tampa Bay	50	40	.556	4
Baltimore	49	41	.544	5
New York	48	41	.539	51/2
Toronto	43	45	.489	10
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	49	39	.557	_
Cleveland	46	43	.517	31/2
Kansas City	42		.488	6
Minnesota	37	49	.430	11
Chicago	34	52	.395	14
WEST DIVISION				
	W	L	Pct	GB
Oakland	53	37	.589	_
Texas	52	37	.584	1/2
Los Angeles	43	45	.489	9
Seattle	39	49	.443	13
Houston	32	57	.360	201/2
Monday's results				
Kansas City 5 N.Y. Yanke	es 1			
Texas 8 Raltimore 5				

Tampa Bay 7 Minnesota 4 Detroit 4 Cleveland 2 (10 inn.) Chicago Cubs at Chicago White Sox Boston at Seattle

Sunday's results Toronto 11 Minnesota 5

L.A. Angels 3 Boston 0 Baltimore 2 N Y Yankees 1 Oakland 10 Kansas City 4 Tampa Bay 3 Chicago White Sox 1 Texas 5 Houston 4 Cleveland 9 Detroit 6

Tuesday's games — All times Eastern Texas (Perez 2-1) at Baltimore (Britton 2-2), 7:05 p.m.

Kansas City (Shields 3-6) at N.Y. Yankees (Sabathia 9-6), 7:05 p.m.

Toronto (Johnson 1-3) at Cleveland (Jimenez 6-4), 7:05 p.m.

Chicago White Sox (Quintana 3-2) at Detroit (Verlander 9-5), 7:08 p.m. Minnesota (Gibson 1-1) at Tampa Bay (Archer 2-3), 7:10 p.m. Boston (Webster 1-2) at Seattle (Iwa-

kuma 7-4), 10:10 p.m.

NATIONAL LEAGUE

FAST DIVISION

			OD
51	38	.573	_
46	43	.517	5
44	46	.489	71/2
37	48	.435	12
32	56	.364	181/2
53	34	.609	_
53	35	.602	1/2
50	39	.562	4
39	48	.448	14
36	52	.409	171/2
47	41	.534	_
42	45	.483	41/2
42	47	.472	51/2
40	47	.460	61/2
40	49	.449	71/2
	46 44 37 32 53 53 50 39 36 47 42 42 40	46 43 44 46 37 48 32 56 53 34 53 35 50 39 39 48 36 52 47 41 42 45 42 47 40 47	46 43 .517 44 46 .489 37 48 .435 32 56 .364 53 34 .609 53 35 .602 50 39 .562 39 48 .448 36 52 .409 47 41 .534 42 45 .483 42 47 .472 40 47 .460

W L Pct GB

Monday's results
Oakland 2 Pittsburgh 1
Philadelphia 3 Washington 2
Atlanta 7 Miami 1 (14 inn.)
Milwaukee 4 Cincinnati 3
L.A. Dodgers at Arizona
Colorado at San Diego

L.M. Juvuyers at Arizona Colorado at San Diego N.Y. Mets at San Francisco Sunday's results Seattle 3 Cincinnati 1 Washington 11 San Diego 7 Philadelphia 7 Atlanta 3 N.Y. Mets 2 Miliwaukee 1 St. Louis 3 Miami 2 Chicago Cubs 4 Pittsburgh 3 (11 inn.) L.A. Dodgers 4 San Francisco 1 Arizona 6 Colorado 1 Tuesday's games — All times Eastern Oakland (Strailly 5-2) at Pittsburgh (Cole 4-1), 7:05 p.m.

Odkraind (Strainy 5-2) at Pittsburgh (Cole 4-1), 7:05 p.m. Washington (Jordan 0-1) at Philadelphia (Hamels 3-11), 7:05 p.m. Atlanta (Teheran 6-4) at Miami (Alvarez 0-0), 7:10 p.m. L.A. Angels (Blanton 2-10) at Chicago

Cubs (Wood 5-6), 8:05 p.m. Cincinnati (Cingrani 3-0) at Milwaukee (Peralta 5-9), 8:10 p.m.

Houston (Norris 6-7) at St. Louis (Wainwright 11-5), 8:15 p.m. L.A. Dodgers (Nolasco 5-8) at Arizona (Kennedy 3-4), 9:40 p.m.

Colorado (Chacin 8-3) at San Diego (Stults 6-7), 10:10 p.m.

N.Y. Mets (Gee 6-7) at San Francisco (Zito 4-6), 10:15 p.m.

J										
EAST DIVISION										
	GP	W	L	Т	PF	PA				
Winnipeg	2	1	1	0	52	49				
Montreal	2	1	1	0	49	52				
Toronto	2	1	1	0	55	58				
Hamilton	2	0	2	0	54	69				
WEST										

 Saskatchewan
 2
 2
 0

 Calgary
 2
 1
 1

 B.C.
 2
 1
 1

 Edmonton
 2
 1
 1

 Sunday's result
 2
 1
 1

 Edmonton
 30
 Hamilton
 20

 Thursday's game
 All times
 Eastern
 Eastern

Saskatchewan at Toronto, 7:30 p.m.

Friday's game
Calgary at Montreal, 7:30 p.m.

Saturday's games
Winnipeg at Hamilton, 6:30 p.m.

B.C. at Edmonton, 9:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	Т	GF	GΑ	Pt
Montreal	9	4	4	31	25	3
Kansas City	8	5	6	26	19	31
New York	8	7	4	25	24	2
Philadelphia	7	6	6	29	29	2
Houston	7	6	5	20	18	2
New England	6	5	6	21	14	2
Columbus	6	8	5	23	23	2
Chicago	6	8	3	19	25	2
Toronto	2	8	7	17	24	13
D.C.	2	13	4	8	29	1

WESTERN CONFERENCE

	W	L	Т	GF	GΑ	Pts	
Salt Lake	10	5	4	29	18	34	
Dallas	8	4	7	27	24	31	
Los Angeles	9	7	3	29	22	30	
Portland	7	2	9	28	17	30	
Vancouver	8	5	5	29	25	29	
Colorado	7	7	6	23	22	27	
Seattle	7	6	3	21	19	24	
San Jose	5	9	6	20	32	21	
Chivas USA	3	10	5	16	32	14	
Condende veen	ll-						

Sunday's results

Kansas City 2 Chicago 1 Columbus 1 Portland 0 Colorado O D.C. O

Los Angeles 2 Dallas 0 Friday's game — All times Fastern Chivas USA at Philadelphia, 7:30 p.m.

PLAY

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

Taurus April 21 - May 21

You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

II Gemini May 22 - June 21

If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

Gancer

June 22 - July 23

The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

Leo July 24 - Aug. 23

Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

W Virgo Aug. 24 - Sept. 23

Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

📤 Libra

Sept. 24 - Oct. 23

Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

M Scorpio

Oct. 24 - Nov. 22

There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

プ Sagittarius Nov. 23 - Dec. 21

The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

り Capricorn Dec. 22 - Jan. 20

What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

≫ Aquarius Jan. 21 - Feb. 19

You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

H Pisces

Feb. 20 - March 20

The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim. SALLY BROMPTON

Crossword: Canada Across and Down

20

24

Across

- 1. Wedding gown neckline, -catcher 6. Wagon
- 10. The Dalai
- 14. Exterior
- 15. Repenter 16. Santa (Hot
- winds) 17. Change
- prince (Be the fairy tale frog, do this) 18. Winnipeg Blue
- Bombers home, Group Field
- 20. Whopper 21. Biblical verb
- 23. Have ___ (Show
- mercy) 24. Military†rank
- signifiers
- 26. Our version of the CIA
- 27. Elton John's title 28. RCMP officers
- 32. Own up to
- 35. Luxury label
- 36. Eggs, Latin-style 37. 'The Godfather of
- Canadian Hip-Hop': 3 wds.
- 41. Hockey great Bobby
- 42. Klutzes
- 43. Suppress
- 44. Cowboy hats
- 47. Merriment 48. Let up
- 49. Nickname of the
- **Toronto Argonauts** 53. Declare
- 56. Wheat
- 57. Whitesnake hit:
- "Here Again'
- 58. Governor General of Canada from 2005
- to 2010, __ Jean

62

65

- 60. Rankin Nunavut
- 62. Sister on
- "Charmed"
- 63. Origin
- 64. Spicy sauce
- 65. __ orders, as on

menus

66. Some sandwiches 67. Big name in hotels Down

63

- 1. Springs
- 2. Put the machine to use: 2 wds.
- 3. Speak
- 4. __ periculo (At my
- own risk, in Latin)

5. Actor in Shania Twain's "That Don't Impress Me Much":

61

64

6. Illusionist Mr.

2 wds.

- Angel
- 7. Uncle's wife
- 8. Increase, with Up 9. Pirate's hoard
- 10. Most recent
- 11. Old World buffalo
- 12. Dave __ (1965 PGA Championship winner)
- 13. Legal drama job,
- . DA 19. Knee-to-ankle
- midpoint
- 22. Poet's 'over'
- 25. Egyptian goddess

- 26. Beer brand, Light
- 28. Annoys
- 29. Des Moines' state
- 30. Pre-day nights
- 31. Beauty pageant
- contestant's accessory
- 32. Book of (Old
- Testament book)
- 33. Pub game prop
- 34. Mother: French
- 35. Halifax-born
- singer, Melanie 38. Alarm clocks on

farms

- 39. BC community called the 'Outdoor Recreation Capital of
- Canada' 40. Actress, Helen
- 45. Small chuckle
- 46. Cake make, __ Lee
- 47. Pro
- 49. Red veggies
- 50. Ms. Jovovich of movies
- 51. Discharge
- home (Out) 53. Rocker's speakers
- 54. iPhone's voice-
- activated helper
- 55. Gulf War missile
- 56. Clump
- 59. Mr. Ferrigno
- 61. Yea's opposite

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	3	7	8	9	6	4	2	8
2	5	8	1	3	4	7	6	9
6	4	9	2	5	7	3	8	1
4	1	5	9	8	3	2	7	6
3	9	2	7	6	1	5	4	8
8	7	6	4	2	5	9	1	3
9	ð	1	5	4	2	6	3	7
5	6	4	3	7	8	1	9	2
7	2	3	6	1	9	8	5	4

1		8		2		4	7	
	7	6						
			4					3
5		4	1					
5 8			6		2			5
					7	2		4
9					4			
						3	5	
	6	2		5		8		1

Today

Rain /// 90%



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20°/14°

20°/15°

Wednesday

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